

Elbow Conditions

2017

CONDITIONS	OPTIONS
Bursitis Tendonitis CEO(Tennis elbow), CFO (golfer's elbow), Bicipital. Neuritis: Ulnar nerve (Cubital tunnel) Median nerve, (Cubital fossa) OA: Elbow, Inf R/U jt, Instability: dislocation, Co-lateral Ligament strain/ Degenerative deformity. Fracture (supracondylar)/ Radial head Olecranon process, (impingement).	Physiotherapy orthotics X-ray can also show soft tissues USS / USS+ INJ MRI Inject diagnostic / therapeutic MRI arthrogram Surgery Other? bloods / meds. Nothing Pain clinic

Condition	Injection / location	Options
Olecranon Bursitis	Aspiration and CS injection	Aspiration and CS inj, Excision X-ray can show soft tissues
Tendonitis CEO / CFO / Bicipital insertion	Local steroid inj Depo mix Specialised technique	Physio, (normalise movement restore function) splints, MEDS PRP injections, Debridement, Decompression.
OA: : Elbow, Inf R/U jt, Radial head	Local joint injection unlikely	Physiotherapy, MEDS, X-ray, USS ,MRI, Arthroplasty, Fusion Excision, arthroplasty
Instability: see 'conditions' above	Unlikely (depends on age and underlying condition) Occasionally for pain	Physio, (normalise movement restore function) MEDS, X-ray, splints, MRI, Arthroplasty, Fusion.
Fracture (depends on trauma, age, dysfunction)	Acute –no Degenerative, Occasionally for pain	Physio, (normalise movement restore function), X-ray, MRI, splints. surgery
Fracture: See 'conditions' above	Unlikely Occasionally for pain	Physio, (normalise movement restore function) X-ray, MRI Debridement